



Southwestern Idaho is known for exceptionally sweet and tasty **melons**. Varieties grown in Idaho include watermelon, cantaloupe and honeydew. With their large size, firm texture and juicy fruit, Idaho **melons** are available from August through mid-October.

When selecting **melons** look for firm symmetrical fruit free of bruises and soft spots. Often, **melons** will have a white bleached side from resting on the soil and although this creates a blemish on the melon, it does not usually affect the quality of the fruit. Ripe cantaloupes will have a sweet aroma and a ripe watermelon will be firm, evenly-shaped, heavy for its size and have a deep-pitched tone when slapped with an open palm. It is important to select a ripe **melon**, because unlike most other fruits and vegetables, watermelons do not ripen any further once they are cut from the vine.



Most **melons** are a good source of Vitamin C and **melons** with deep orange or red flesh are rich in Vitamin A. **Melons** are a sweet treat with only 80 calories per 1/2 cantaloupe, 50 calories per wedge of honeydew, and 110 calories per 1-inch slice of watermelon.





ID Food of the Day

ID Watermelon: Just Plain Wonderful!

On a hot summer day, what food could be more fun than a sweet, juicy watermelon?

In addition to being fun, watermelons are good for you! Watermelons are 90 percent water, and are actually considered vegetables, not fruits! Watermelon - which is high in fiber, vitamins A and C, and potassium - is an ideal health food. A one-cup serving has no fat or cholesterol, lots of vitamins and minerals, and just 49 calories. Another healthful ingredient is

lycopene, the anti-oxidant pigment that gives watermelon its color. Lycopene is one of the reasons the American Heart Association certifies watermelon as heart-healthy. Known for their taste and quality, watermelons grown in the valleys and fields of Idaho are the sweetest to be found. Idaho's cool nights, sunny days, and rich soil are the perfect combination that give Idaho's watermelons their sweet, juicy flavor and bright color.

While there are over 1,200 varieties of watermelon produced, only 50 of those are grown in the United States, and are divided into four categories, the most common of which are AllSweet and Ice-Box watermelons. The average Idaho watermelon weighs 10-30 pounds, and can serve up to 90 people! The largest watermelon on record weighed 262 pounds! Watermelons can be used in a variety of dishes, and can even be used as the serving dish itself.

For a delicious twist on a summertime favorite, try Watermelon Lemonade, a refreshing drink made with the freshest, juiciest Idaho watermelons available!



Idaho's Healthy Harvest
Celebration

Text Box for Schools

To learn more, visit the program
website: www.idahopreferred.org or
call Leah Clark with the Marketing
Division of the ISDA at 208- 332-
8684.

Watermelon Lemonade

6 cups Idaho watermelon cubes,
seeds removed
1/4 cup raspberries
1 cup water
1/3 cup sugar
1/2 cup lemon juice

Place watermelon, raspberries
and water in electric blender,
cover, and blend until smooth.
Strain through fine mesh
strainer into pitcher. Stir in
sugar and lemon juice until
sugar dissolves.

Refrigerate until chilled. Serve
with frozen watermelon-juice
ice cubes (puree watermelon
cubes, pour into ice cube trays
and freeze).

Makes 4 servings.

Choosing and Storing Watermelon

Delicious Idaho watermelons can be found all over the state during the summer months of July and August. Look for Idaho watermelons in local grocery stores, at roadside stands, and at the many different farmer's markets around the state. Buying direct from the farmer will ensure that your watermelon is the freshest possible!

To choose the best watermelon, make sure that the skin is free from bruises, cuts, or dents, and that the shape of the melon is symmetrical. Watermelons should be heavy for their size when you pick it up. And finally, there should be a creamy yellow spot on the underside of the melon from when it sat on the ground and ripened in the sun.

Whole watermelons will store for 7 days at room temperature, but for a crisper texture, they keep best in the refrigerator (55 F). Once a melon is cut, it should be wrapped and stored at a temperature of 37-39 degrees. Watermelons that become grainy are great for lemonade or delicious ice cubes!



From Idaho's Fields to
Idaho's Schools

Watermelon Facts:

Throughout the years, watermelon has found itself in many pickles, jams, and other interesting situations. Here is a list of fun facts you many not have known about watermelons:

- Watermelon is grown in over 96 countries worldwide.
- In China and Japan watermelon is a popular gift to bring a host.
- In Israel and Egypt, the sweet taste of watermelon is often paired with the salty taste of feta cheese.
- Watermelon is 92% water.
- Watermelon's official name is *Citrullus lanatus* of the botanical family Cucurbitaceae and it is a vegetable! It is related to cucumbers, pumpkins and squash.
- By weight, watermelon is the most-consumed melon in the U.S., followed by cantaloupe and honeydew.
- Early explorers used watermelons as canteens.
- The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles.
- Food Historian John Martin Taylor says that early Greek settlers brought the method of pickling watermelon with them to Charleston, South Carolina.
- A watermelon was once thrown at Roman Governor Demosthenes during a political debate. Placing the watermelon upon his head, he thanked the thrower for providing him with a helmet to wear as he fought Philip of Macedonia.
- In 1990, Bill Carson, of Arrington, Tennessee, grew the largest watermelon at 262 pounds that is still on the record books according to the 1998 edition of the Guinness Book of World Records.
- In 2001 over 4 billion pounds of watermelon were produced in the United States.
- Watermelon is an ideal health food because it doesn't contain any fat or cholesterol, is an excellent source of vitamins A, B6 and C, and contains fiber and potassium.
- Contrary to popular belief eating watermelon seeds does not cause a watermelon to grow in your stomach. Actually, in some cultures it is popular to bake the seeds and then eat them.
- Over 1,200 varieties of watermelon are grown worldwide.
- Every part of a watermelon is edible, even the seeds and rinds.
- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- The word "watermelon" first appeared in the English dictionary in 1615.

5 A DAY AND MELONS

KIDS ACTIVITY SHEET

Try this fun & easy recipe

CARGO FRUIT SALAD

- 3 cups watermelon chunks
- 2 cups pineapple chunks
- 2 cups seedless grapes
- 3 bananas, sliced
- 2 apples, cored and cut into chunks
- 2 oranges, peeled and sectioned

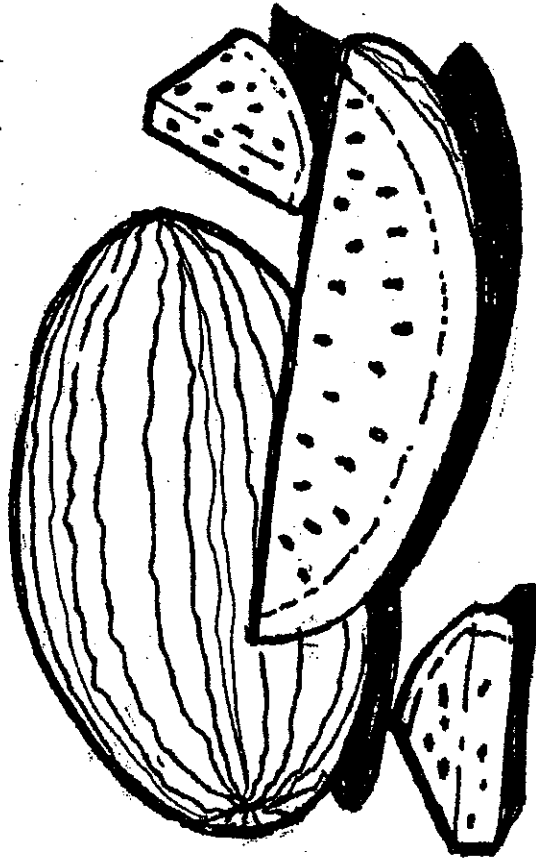
With the help of an adult, cut fruit into chunks. Mix all ingredients together.

Spoon mixed fruit salad into watermelon boat (see activity on

reverse side), sprinkle with lemon or lime juice to retain color, and serve!

Makes 9 1-cup servings

This is an official 5 A Day Recipe.



Produce for Better Health
Foundation

302 235 ADAY

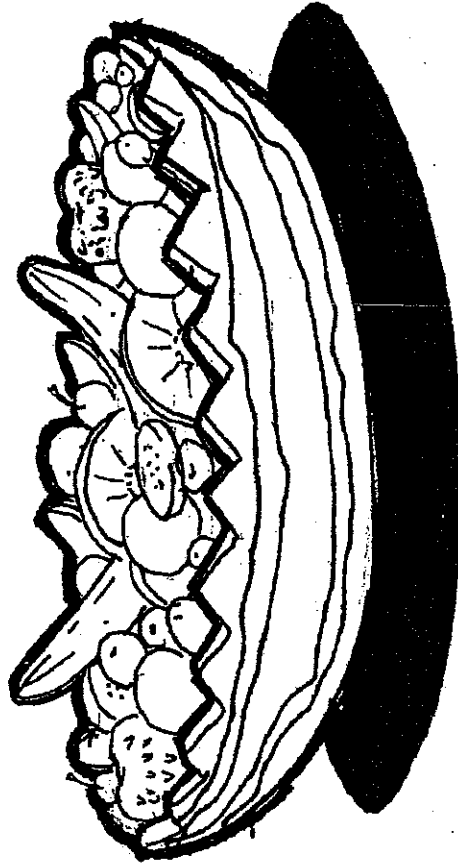
WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit
 1/2 cup of cooked or canned vegetables or fruit = 1 cup of raw leafy vegetables
 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

WATERMELON PARTY BOAT

You will need: adult supervisor, 1 watermelon (or any melon), knife, spoon or melon baller.

Cut watermelon in half lengthwise and remove the seeds. Using a spoon or melon baller, scoop out the flesh of the melon until you have an empty shell. Slice melon flesh into chunks or leave in ball shape if desired. Remove any remaining seeds and add to Cargo Fruit Salad (recipe on reverse side). Take the watermelon shell and carve the edge in a zigzag pattern. Fill boat with fruit salad, cover with plastic wrap, and chill until ready to serve.

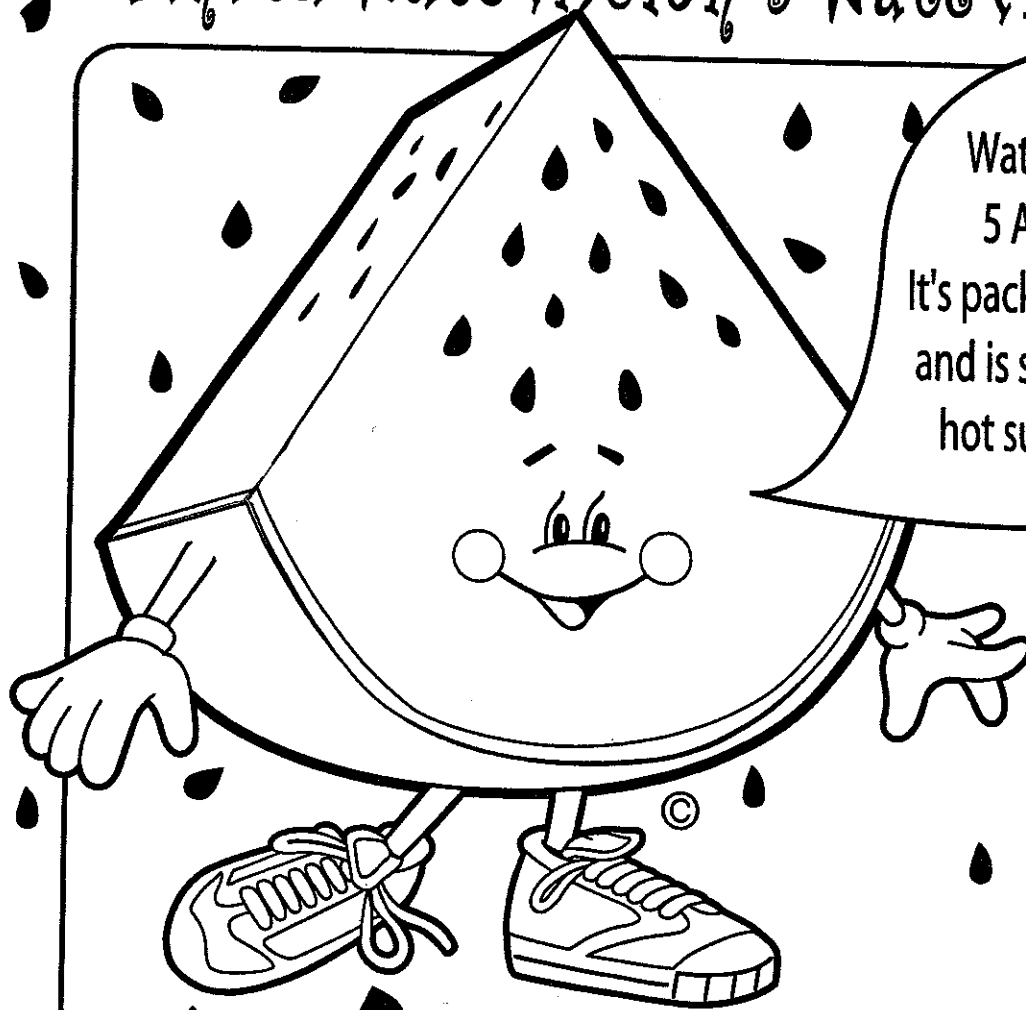


Eat 5 or more servings of fruits and vegetables
a day for better health

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**



Juanita Watermelon's Watermelon Trivia



Watermelon is a great
5 A Day snack.
It's packed with nutrients,
and is so refreshing on a
hot summer day!

Did you know that...?

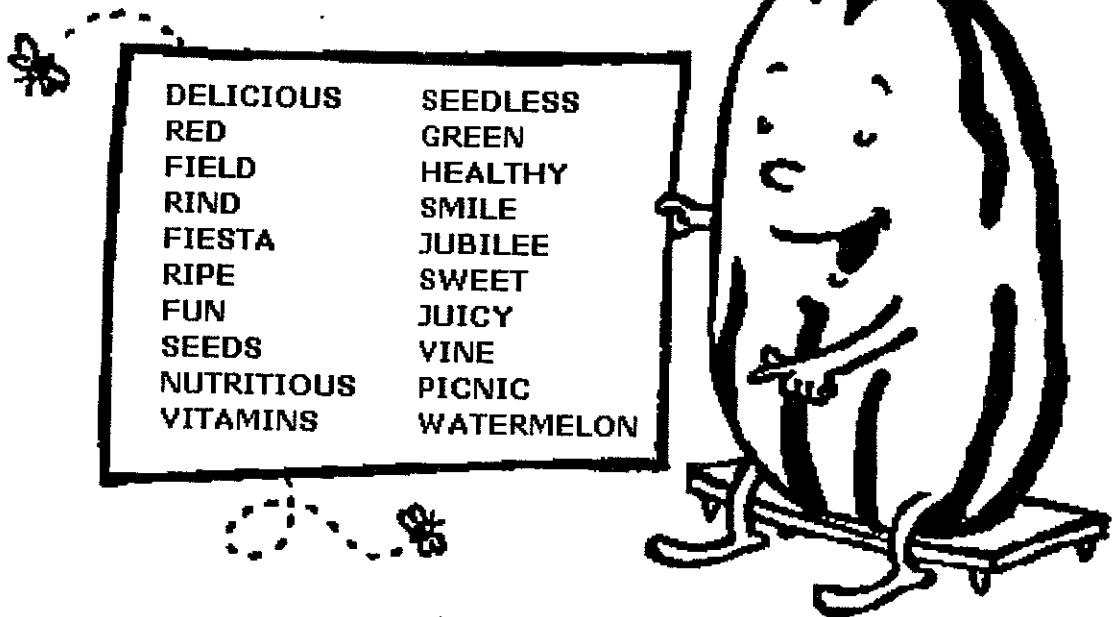
- Watermelon is the third most popular fruit in the United States.
- The scientific name for watermelon is *Citrullus lanatus*.
- Watermelon is rich in vitamins A and C.
- Watermelon is 92% water.
- Watermelon comes in two colors, red and yellow.
- Red watermelon contains lycopene, a substance found in red fruits and vegetables that promotes heart health.

MINI-MELONS

WACKY WATERMELON CROSSWORD PUZZLE

M S F S N I M A T I V S C J L
 L T N I K D L D E R I P E U H
 P R S E E D L E S S N G J B E
 E U E B O L A I L M E R U I A
 G R E E N R D H F I D N I L L
 R I D E L I C I O U S M C E T
 F N S P I C N I C E B W Y E H
 H D W A T E R M E L O N E I Y
 L F I E S T A S M I L E U E O
 N U T R I T I O U S M O I F T

Can you find these hidden words?



National Watermelon Promotion Board - www.watermelon.org

Watermelon Wizard

MATH PROBLEMS

1. A normal seedless watermelon can have up to six black watermelon seeds. If you have four seedless watermelons and they each have only four black seeds, how many black seeds do you have in total from all your watermelons?

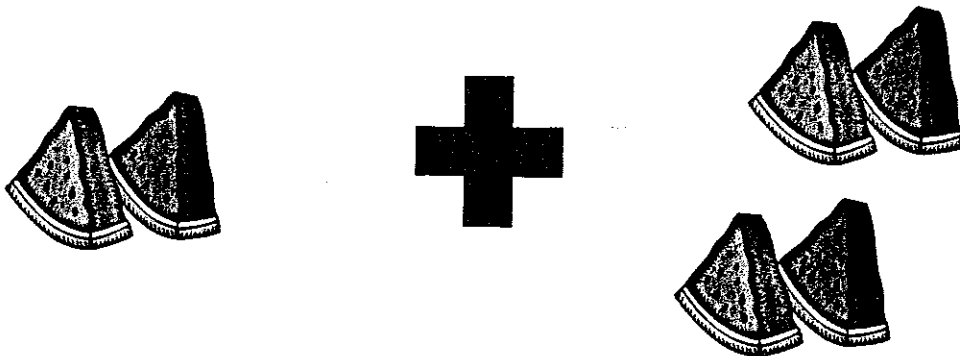
Enter your answer here: seeds

2. Thumper had to travel twenty-five miles from the city to get to his farm. On his way to the farm one day he stopped at a fruit stand that was twelve miles out of town but on the way to his farm. After he finished shopping at the fruit stand how many more miles did he have to travel to his farm?

Enter your answer here: miles

3. A farmer had to pay \$100 for 400 seedless watermelon seeds which he needed to fully plant his field. How much did each watermelon seed cost the farmer?

Enter your answer here: \$



Name _____ Date _____ Class _____

Investigation: What are the physical characteristics of different types of melons?

Procedure: Materials

1 Honeydew melon
1 green watermelon
pencil
data sheet

Directions

1. Observe each melon and fill in the data chart below.
2. Using either a string or a measuring tape find the circumference of each melon and record. (Circumference is the distance around an object.)

Type of Melon	Color	Texture	Shape	Circumference

Questions:

1. Which melon is the heaviest?
2. Which melon is the largest?
3. Which melon has the most fruit?
4. Which do you think has the most seeds?
5. If you were buying a melon, which would you buy and why?



Science Lesson 2

Investigation Sheet

Name _____ Date _____ Class _____

Investigation: What is the weight or mass of different types of melons?

Procedure: Materials per group
 1 Honeydew melon
 1 Watermelon
 pencil
 data sheet
 plastic plates or bowls
 1 spoon
 2 cups

Directions

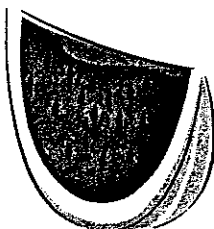
1. Remove the seeds of your melon and place into a cup
2. Remove the fruit from the first melon and place it on a plate or bowl.
3. Weigh the fruit and record the results.
4. Weigh the rind and record the results.
5. Repeat steps 1-3 for the second melon.

Type of Melon	Mass or Weight	Mass of Fruit	Mass of Rind

Questions: 1. Which melon had the most seeds?

2. Which melon had the most fruit?

3. Which melon had the most rind?



Science Lesson 3

Investigation Sheet

Name _____ Date _____ Class _____

Investigation: What is the percentage of fruit to rind in a melon?

Procedure: Materials
Lesson 2 investigation sheet
pencil
calculator

Directions

1. Use the data collected from Lesson 2 to complete the charts

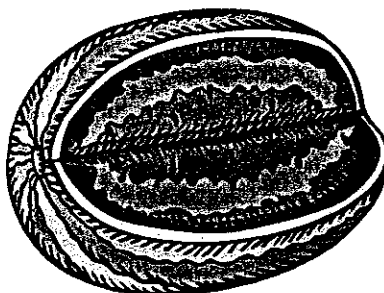
Percentage of Fruit

Type of Melon	Weight of Fruit	Weight of melon	Percentage

Percentage of Rind

Type of Melon	Weight of rind	Weight of melon	Percentage

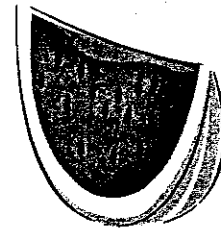
- Questions: 1. Which melon had the most percentage of fruit?
2. Which melon had the most percentage of rind?
3. Which do you think would be the best buy? Why?



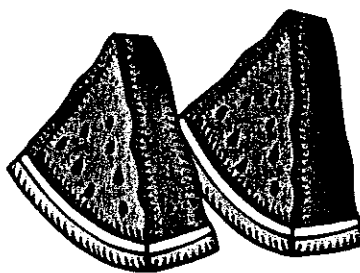
Test Your Watermelon Knowledge

The following 12 multiple choice questions were designed to test your knowledge of the watermelon industry. Choose only one correct answer. Good Luck!

1. Watermelon's scientific name is _____.
 - ☐ Hydro Plantus
 - ☐ Citrullus lanatus
 - ☐ Melonid Familid
 - ☐ Cucurbita
2. The U.S. ranks _____ in world watermelon production.
 - ☐ 2nd
 - ☐ 10th
 - ☐ 4th
 - ☐ 7th
3. Watermelons are _____ water.
 - ☐ 98%
 - ☐ 75%
 - ☐ 88%
 - ☐ 92%
4. The birthplace of watermelon is _____.
 - ☐ Kalahari Desert
 - ☐ Cordele, Georgia
 - ☐ China
 - ☐ Southern Europe
5. Missionary and explorer _____ is credited with discovering the botanical origins of watermelon.
 - ☐ Dr. Copperfield
 - ☐ John Lasalle
 - ☐ David Livingstone
 - ☐ L. Boyette
6. Watermelon is a good source of vitamins ____ & _____.
 - ☐ B,D
 - ☐ A,C
 - ☐ E,C
 - ☐ A,B
7. Two cups of watermelon has ____ calories.
 - ☐ 80
 - ☐ 50
 - ☐ 110
 - ☐ 75



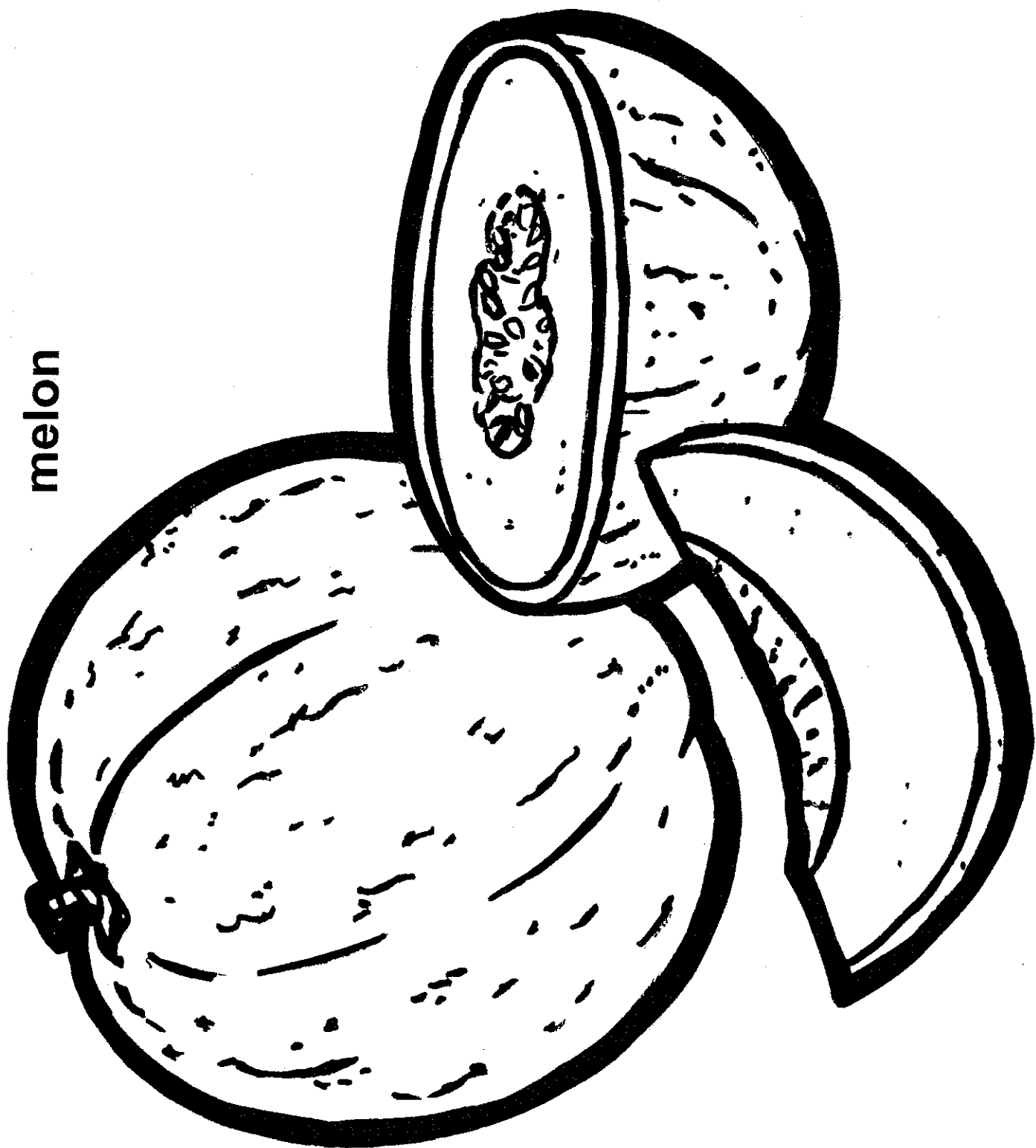
8. Watermelon has ___ grams of fat per two cup serving.
- ☐ 1.5 ☐ 3
- ☐ 2 ☐ 0
9. According to the U.S. Dept. Of Agriculture, in 1999 _____ was the number 1 producing watermelon state.
- ☐ Texas ☐ Georgia
- ☐ California ☐ Florida
10. Watermelon is available to consumers ___ months out of the year.
- ☐ 6 ☐ 4
- ☐ 12 ☐ 8
12. U. S. President _____ grew watermelons at his home in Virginia.
- ☐ Jimmy Carter ☐ J.F. Kennedy
- ☐ F.D. Roosevelt ☐ Thomas Jefferson

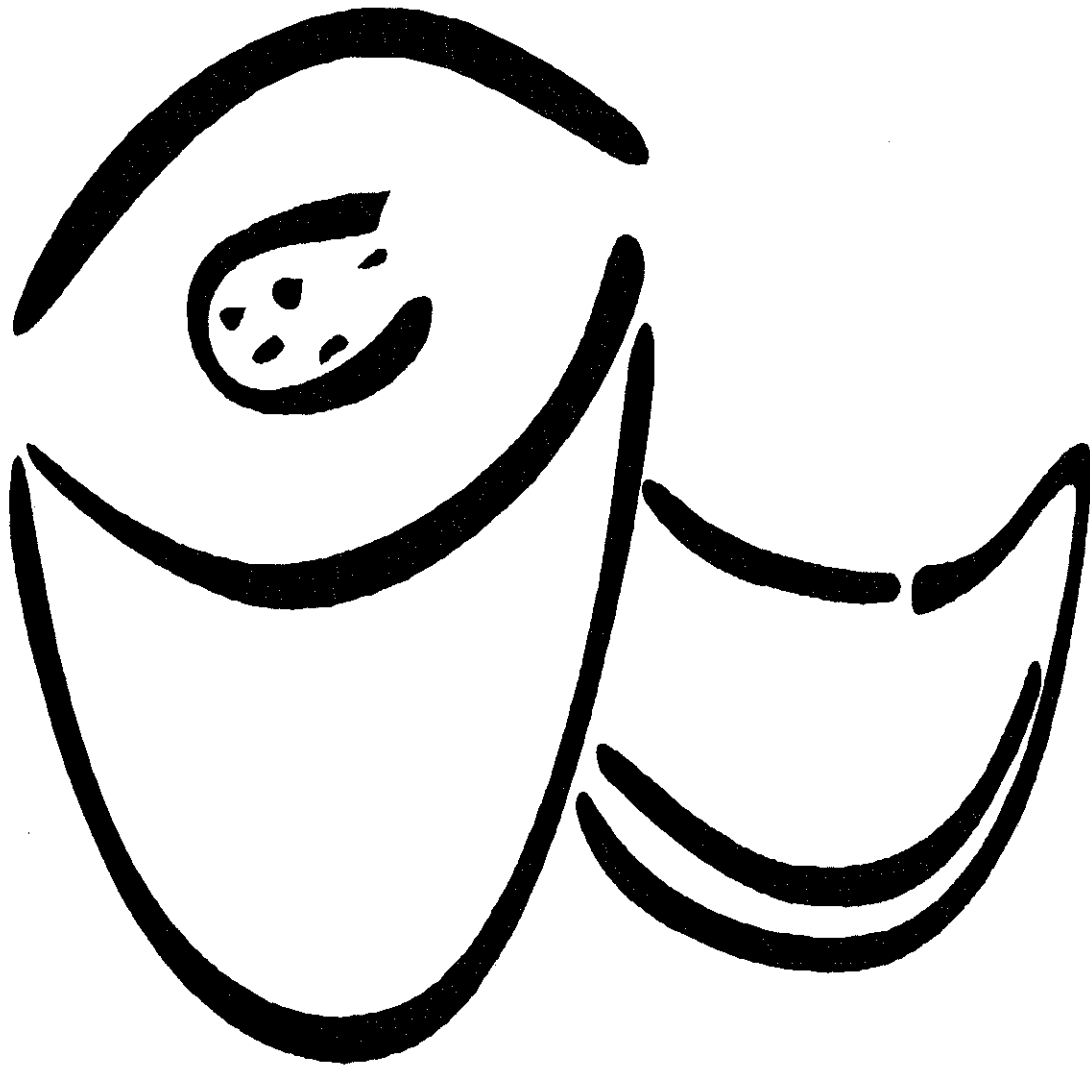


**I've been called a "seedy" fella, But did you
know that I'm really a vegetable, not a fruit?
Next time your mom asks what veggy you
want with dinner, just say watermelon!**

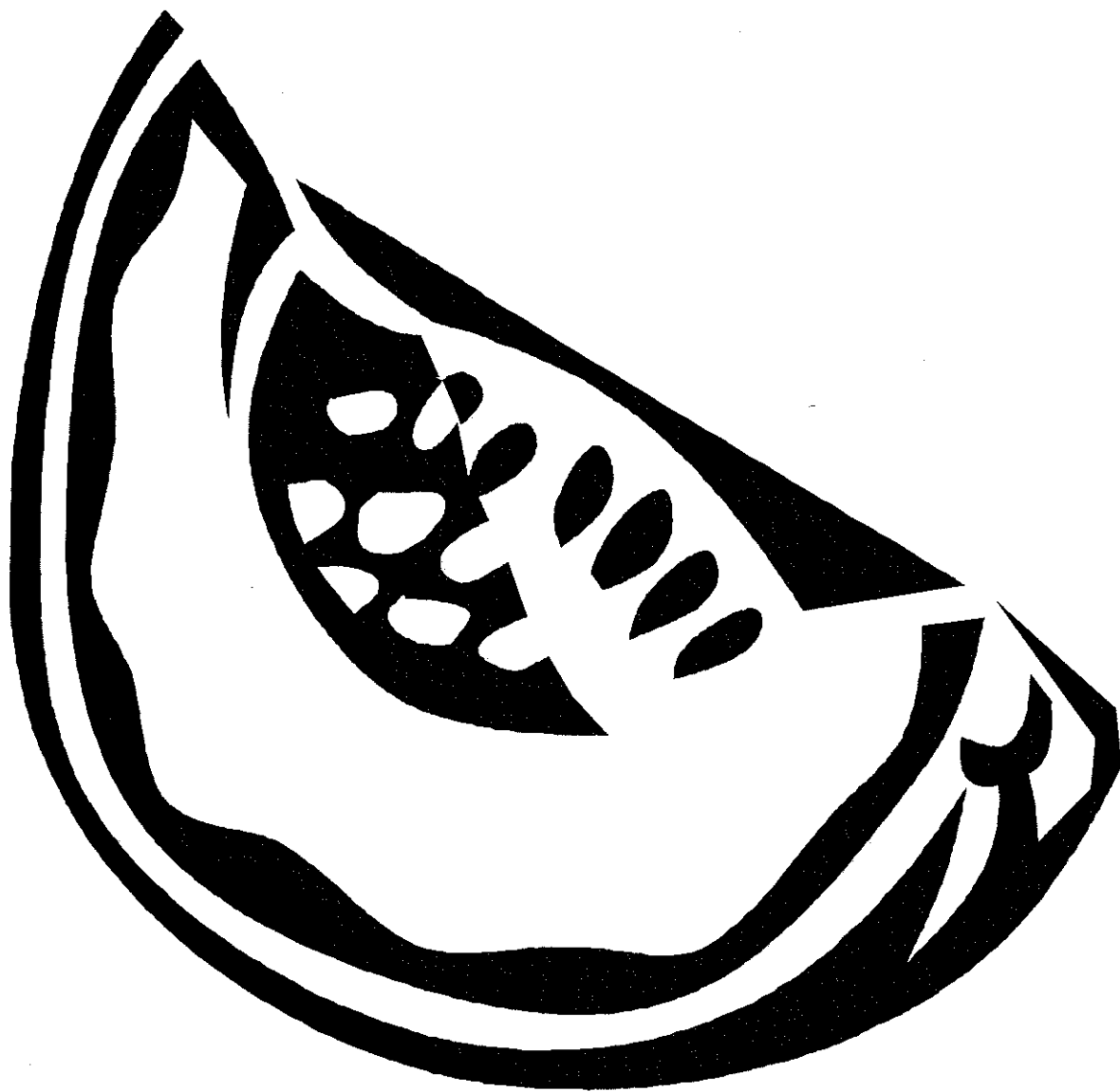


melon

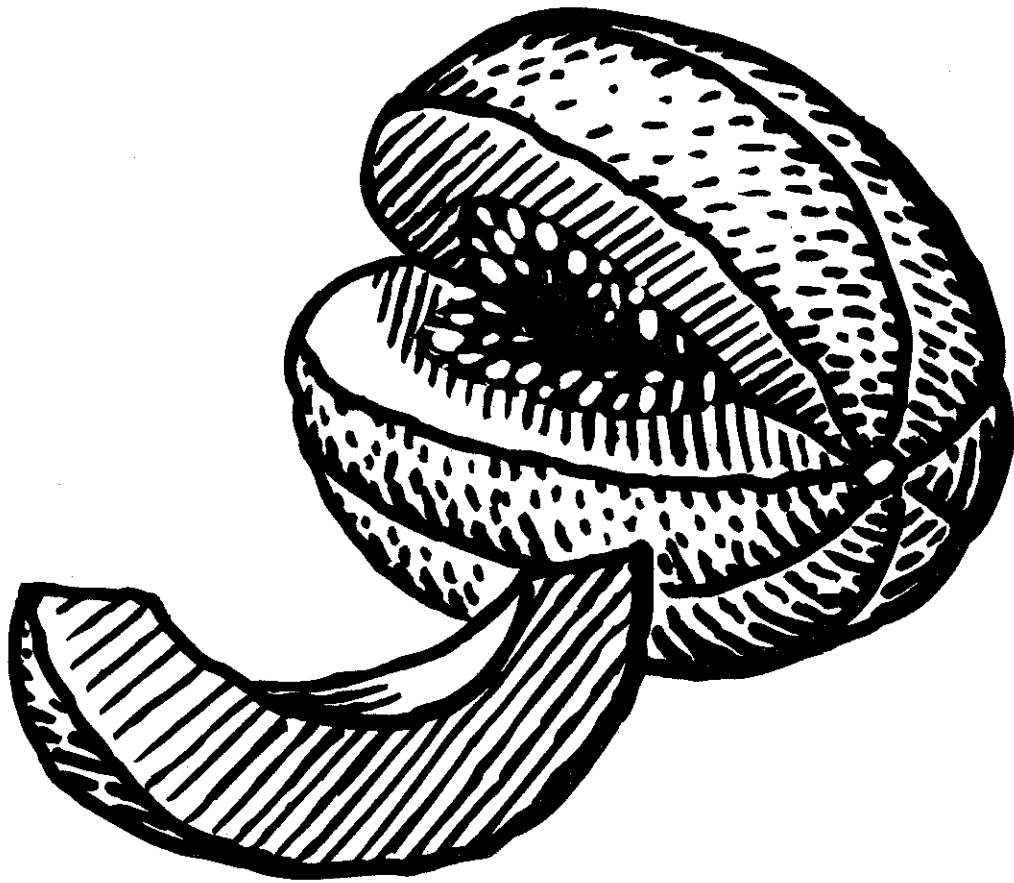




Cantaloupe



Honeydew!



Cantaloupe!